

Asian Salad with Brown Rice and Sesame Ginger Dressing

Makes: 6 Servings

Ingredients

3/8 cup Cabbage, Shredded
3/8 cup Red Cabbage, Shredded
3/4 cup carrots, shredded
3/8 cup Red Pepper seeded, chopped to bite size pieces
3 tablespoons green onions, sliced
3/8 cup Sugar Snap Peas, cleaned and halved or cut in thirds
3/8 cup Newman's Low Fat Sesame Ginger Dressing
3/4 cup Romaine Lettuce, cleaned and cut into bite size pieces
1 1/2 cups brown rice
3 teaspoons sesame seeds



Directions

1. Mix cabbages, carrots, peppers, onions and peas in mixing bowl.
2. Toss vegetables in salad dressing to coat evenly.
3. Add rice and lettuce to the vegetable mixture just before serving and mix well.
4. Transfer salad to serving pans.
5. Top with sesame seeds and serve.

Notes

Serving Tips: Vegetables can be marinated in dressing overnight with rice and lettuce added just before serving.